

## Twist-n-Bend® Bar

**all bars are 1.75" diameter so the same muscles are used for all resistance levels**

# ALCO®

Sales & Service Co.



- lightweight and portable
- use for hand, wrist and shoulder exercises
- great exerciser for tennis elbow
- perfect for rehab and sports training
- each resistance has same bar diameter
- bend, twist and shake

color	resistance	12" long
<span style="background-color: #d2b48c;">tan</span>	xx-light	AL-63203TN
<span style="background-color: #ffff00;">yellow</span>	x-light	AL-63203YW
<span style="background-color: #ff0000;">red</span>	light	AL-63203RD
<span style="background-color: #008000;">green</span>	medium	AL-63203GN
<span style="background-color: #0000ff;">blue</span>	heavy	AL-63203BL
<span style="background-color: #000000;">black</span>	x-heavy	AL-63203BK

## Finger Flexion, Extension & Wrist Exerciser



- perform flexion, extension, opposition and supination exercises
- modify exercises by adjusting the hand position or depth of finger insertion
- modify resistance by switching to a different resistance color web
- available in both 14" and 7" diameter size; latex and latex-free
- resistance levels are color-coded

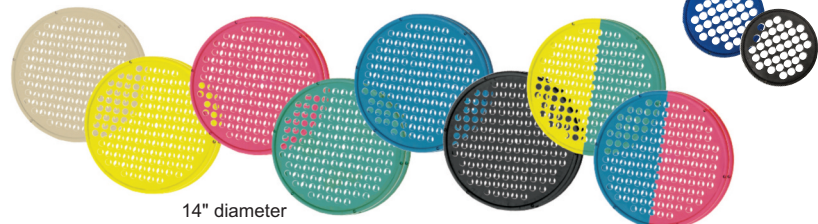


		Large 14" diameter	Small 7" diameter
color	resistance	latex	latex
<span style="background-color: #d2b48c;">tan</span>	xx-light	AL-63144TN	AL-63150TN
<span style="background-color: #ffff00;">yellow</span>	x-light	AL-63144YW	AL-63150YW
<span style="background-color: #ff0000;">red</span>	light	AL-63144RD	AL-63150RD
<span style="background-color: #008000;">green</span>	medium	AL-63144GN	AL-63150GN
<span style="background-color: #0000ff;">blue</span>	heavy	AL-63144BL	AL-63150BL
<span style="background-color: #000000;">black</span>	x-heavy	AL-63144BK	AL-63150BK



### multi-resistance 14" large diameter, latex

<span style="background-color: #ffff00;">yellow</span>	<span style="background-color: #008000;">green</span>	x-light/medium	Call
<span style="background-color: #ff0000;">red</span>	<span style="background-color: #0000ff;">blue</span>	light/heavy	



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